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THE CAULDRON

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EATING DISORDERS ON CAMPUS

the silent illness



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Chinese art exhibit

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Nov. 3 to
Nov. 9

» Weekly Calendar

Tues »
Nov. 3

Lifeshare Blood Drive, MC Auditorium, 10 a.m.
CSU's Got Talent, SC Atrium, 10:30 a.m.
Yemeni Cartoonists Take on the 2015 Crisis, FT 303, 11:30 a.m.

Wed »
Nov. 4

No events scheduled

Thurs »
Nov. 5

The Real Cost of Student Loans, MC 137, 11:30 a.m.
Board Game Night, Rascal House, 6 p.m.
"Ubu Roi" Opening Night, Lab Theatre, 7:30 p.m.

Fri »
Nov. 6

Volleyball vs. WSU, Woodling Gym, 7 p.m.
CABsino, SC Atrium, 7 p.m.

Sat »
Nov. 7

Swimming and Diving, Busbey Natatorium, 1 p.m.
Volleyball vs. Oakland, Woodling Gym, 4 p.m.

Sun »
Nov. 8

Wrestling vs. John Carroll, Woodling Gym, 4 p.m.

Mon »
Nov. 9

Viking Pride Party, SC Atrium, 11 a.m..
Women's Basketball vs. R. Wesleyan, Wolstein Center, 7 p.m.

Want your event featured on our calendar? Send the event name, date, time and location to cauldroneditors@gmail.com.
Submission deadline is every Saturday prior to the event by 5 p.m.

URGE and SFC hold abortion rights counter-protest

Created Equal pro-life group uses graphic images, shock tactics



Left: Cheyenne Florence, a junior Education major, holds up her sign counter-protesting an anti-abortion group in the Student Center courtyard on Thursday, Oct. 29. CSU URGE held a counter-protest and created safe spaces for students who may have been triggered by Created Equal's graphic display.

Right: Pat Mahoney, a sophomore Political Science major, protests for pro-choice while holding a sign criticizing Created Equal's use of scare tactics.



Photos by Evan Prunty

By Amara Alberto

Last Thursday Oct. 29, Cleveland State University was visited by Created Equal, an anti-abortion group that visits college and high school campuses to protest what they call "violent ageism" in the form of unwanted pregnancy termination.

The Created Equal protest was countered by several student organizations, who gathered across the plaza in a rally of their own in support of legal abortions, women's reproductive rights and safe sex.

The counter-rally, which was led by CSU's chapter of Unite for Reproductive and Gender Equality (URGE), provided curious students with coloring pages, flowers, baked goods and information about reproductive rights and safe sex.

Marissa Pappas, a junior Nonprofit Management and Women's Studies double major, is the head of URGE. She worked to put the counter-protest

together.

"URGE has both statewide and national activists, and I was actually contacted by a state activist who was at Bowling Green the day that Created Equal decided to visit," Pappas said. "They said 'you have two weeks, and we would suggest you do a counter-protest.'"

Because of this forewarning, URGE members were able to prepare for a peaceful and positive counter to Created Equal's presentation.

The organization has previously been criticized for their shock tactics, as they draw the attention of passers-by with large sandwich boards displaying bloody photographs of what they claim is the result of abortions — severed hands and feet, partially developed fetuses and other gory imagery, according to Pappas.

"It's kind of disturbing," freshman mechanical engineering major Logan

Carter said. "Not to me personally, but for other people. I think they should put it somewhere else, where not everybody is passing by."

Another student, trying to have a conversation with a member of Created Equal, was told the images were meant to show what the "lost persons" looked like when they had been "murdered."

He was loudly told that Created Equal considers themselves to be the voice of those lost persons, and so it was acceptable to display the images.

As part of their counter-protest, CSU students put up signs around campus and walked through the plaza all afternoon, warning people of the imagery that was on display.

In addition to opposing the anti-abortion stance of Created Equal, Pappas said the counter-protest was important to provide a safe space for

students.

"The whole goal of this was to create a safe environment — nothing but positive vibes," she said. "Because what we want to do is provide a wonderful alternative to some of the very grotesque images that may trigger people emotionally. We wanted a space where students could just hang out and chill."

Campus police were in attendance Thursday but did not take an active role in the proceedings.

Officer Chris Posante said campus police had been called out as a preventative measure due to the controversial nature of the topic at hand.

"This is a hot item and other places these guys have been, there have been problems, so they have us out here for the day," Posante said. "But everybody's been fantastic."

ResLife's Fenn Tower of Terror a hit once again Annual haunted house followed by Halloween 'Monster Ball'



Photos by Abby Burton

Top Left: Miguel Manalo, a senior Computer Science major, shows off his clown costume in the Fenn Tower of Terror Friday, Oct. 30.
Bottom Left: Rachel Corder (left), a junior Anthropology major and Morgan Short, a sophomore Film major, dress up for the costume contest at the Monster Ball held in the Fenn Tower Ballroom.
Top Right: Dan Berghaus (under the table), a sophomore Communications major, and Jay C. Caspar, a freshman Theatre and Communications double major, prepare to scare the students coming through the Fenn Tower of Terror.
Bottom Right: Cory Halfast, a senior Computer Science and Film major, was the star of the first gory scene attendees ran into in the Fenn Tower of Terror.

By Allee Coates

"It's coming..." promises ominous signs hung around Fenn Tower and Euclid Commons.

Cleveland State University's annual Fenn Tower of Terror and Monster Ball took place Friday, Oct. 30 on the third floor of Fenn Tower. The event is in its fifth year, according to Kailie Johnson, a junior Social Work major who is a first-year Resident Assistant (RA) in Fenn Tower.

Put on by the RAs of both Fenn Tower and Euclid Commons as well as the Department of Residence Life, it is one of the largest events put on in the residence halls each year.

"We turn the third floor of Fenn [Tower] into a haunted house and Monster Ball," Johnson said.

She said the haunted house has about five separate rooms, each with

its own scary theme that tries to get students to scream, but the RAs don't reveal the room selections until the night of the event.

The rooms this year featured a graveyard and butcher along with many other creepy scenes meant to scare students.

Johnson describes the rooms in the Fenn Tower of Terror as similar to other walk-through haunted houses around the Cleveland area. The dark maze, which was created entirely by the RAs, was frightening, confusing and impressive.

The haunted house is meant to be both a fun and scary experience, so Johnson warned about the simultaneous excitement and screaming that happens each year.

In addition to the haunted house,

there was a Monster Ball dance which included a costume contest for those in attendance. Prizes for the contest included buckets of candy and scary movies.

"They have been working so hard for many weeks."

The winners of the couples costume were Fred and Wilma from The Flintstones and Drake and Josh from the popular Nickelodeon TV show. A female resident dressed up as Minnie Mouse won cutest costume.

While residents aren't required to

dress up, Johnson encouraged them to do so.

"We [The RAs] use this as an opportunity to interact with residents," she said.

Johnson said the RAs used the dormitories to advertise and promote the Fenn Tower of Terror and Monster Ball.

RAs also used ResLife trick-or-treat — an event that happened Monday, Oct. 26 where RAs handed out candy to the residents of Euclid Commons and Fenn Tower — to advertise these events.

Johnson was excited to see how everything turned out.

"[The RAs] have been working so hard for many weeks," she said. "Halloween is my favorite holiday, so I am beyond excited!"

Delta Sigma Theta hosts 'More Like Harriet' event Open discussion explores modern American black culture

By Abe Kurp

About two dozen women gathered for an open discussion about race in the modern United States in the first part of a three-part program called "More Like Harriet" in the Main Classroom building Thursday, Oct. 29.

The women spoke their minds, confidentially on provocative questions like "What is your impression of black culture in America today?" and "Has Barack Obama's presidency impacted your view of black people?"

The event was organized by members of the local chapter of Delta Sigma Theta, a national public service sorority that focuses primarily on programs that target the African-American community.

Mariah Pate, president of the local chapter and a senior Sociology major at CSU, explained the program's title is a reference to Harriet Tubman,

"Has Barack Obama's presidency impacted your view of black people?"

the 19th-century abolitionist and escaped slave who put herself back in harm's way repeatedly to rescue approximately seventy other people from slavery.

Pate said, by putting on the "More Like Harriet" event, her sorority chapter hopes to inspire students to be active in lifting up their community the way Tubman was and to defy the old saying that the black community is comparable to crabs in a barrel.

"Maybe [that saying] is not a big thing because every time I mention it to somebody, they're like, 'I never heard that before,'" she said. "But I have, and I've heard it more than once. I've heard it enough for it be in my mind daily. So the idea is you go to Red Lobster. You see the crabs. One is almost out of the tank, and of course there are 12 others at the bottom who don't let it get out, who pull it back down because they're all clawing. It has been said that that is like the black community. When someone is progressing or succeeding, people believe that other African Americans hate on them, for lack of a better term."

"When someone is progressing or succeeding, people believe that other African Americans hate on them."

Takara Hunter, the chapter's financial secretary and senior Health Sciences major at CSU, said the seeds

of the idea for this program were planted about three weeks ago, when she watched the television series "Roots" for a class and told her sisters about it during lunch.

"We were talking about how we are portrayed today in society and why we have let our past hinder us so much."

"We were talking about how we are portrayed today in society, and why we have let our past hinder us so much," she said. "That conversation transpired into, 'You know what? Let's do a program on campus.'"

Pate and Hunter said part two of the program, which will focus on the "Who and why?" of stereotyping the black community is planned for January of next year. Part three is planned for March or April and will focus on developing a plan of action based on the previous two discussions.

If the first discussion is any indication, action is sorely needed. When asked for one word to sum up the current state of the black community, attendees variously suggested "broken," "misguided" and "revolutionary."

Browns Watch Party

CLEVELAND BROWNS VS PITTSBURGH STEELERS

Sunday, November 15th
12pm - 4:30pm
ABC Tavern
11434 Uptown Avenue
Cleveland, OH 44106

Fundraiser for CSU American Planning Association
Come watch one of the best rivalries in the NFL while supporting your CSU APA group

Tickets are \$25 for food, drink, and raffle prizes
Tickets are \$30 if purchased at the door

Email csu.apa@gmail.com for tickets and to RSVP

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Vikings volleyball continues to roll

CSU wins five in a row to stay on top of Horizon League

By Matthew Johns

As the season comes to an end, the Cleveland State volleyball team is holding on to their lead at the top of the Horizon League.

The team has been red hot, winning its last five matches and 13 of its last 14.

The volleyball team recently defeated both the University of Wisconsin–Green Bay Oct. 23, and the University of Wisconsin–Milwaukee Oct. 24, by scores of 3-1 and 3-2, respectively.

They beat Youngstown State University Friday, Oct. 30 by a score of 3-0.

These games all helped the Vikings move to 10-1 in the Horizon League, and 21-4 overall.

The team is currently working hard to prepare to face the rest of the Horizon League the last few weeks of the season.

Many factors contributed to the volleyball team's success, and many important parts came together just at the right moment.

Senior outside hitter Christina Toth believes the contributing factors began all the way back to this past summer, when the team began non-mandatory practices and worked on becoming a unit instead of just a group.

"We had pretty much all of the returning players here for summer workouts," Toth said. "They were the best summer practices we've had since I've been here."

The team has displayed unmatched dedication. Sophomore setter Gina Kilner said the work the team has put in speaks volumes about their heart.

"We are doing a good job at taking it one game at a time," Kilner said. "We try to focus on every team. We keep a good attitude and don't overlook any team."

Kilner has tallied up more than 1,000 assists this season, not only setting up the hitters but also the team's successes.

"We work hard at practice and take no days off," Kilner said.

The team's one loss against a Horizon League member was to Northern Kentucky University in mid-October. However, the women are choosing to focus on only the upcoming games this week.

"The team chemistry has been really good," Toth said. "Everyone gets along. This is the closest we've ever been."

Another amazing fact about the volleyball team is that they are back-loaded, meaning over half of the team is either a freshman or sophomore.

Kilner and Toth both believe this will allow the team to be successful not only this season, but also in the future.

"We are doing a good job at taking it one game at a time."

Along with the team's success, the athletes have also had individual achievements.

Besides Kilner's 1,000-plus assists, outside hitter Grace Kauth was recently named Horizon League Offensive Player of the Week after her 38 combined kills against Green Bay and Milwaukee.

Another key matchup will take place when the girls go on the road to take on Valparaiso University Nov. 14. Valpo is currently the number 2 team in the standings (behind CSU) with an overall record of 22-6.

To prepare for the games this week and in the upcoming weeks, the team has been working a lot on the defense



Photo courtesy CSU Athletics
Christina Toth (right) gets ready to deliver another of her 387 kills, which have helped the team compile a 21-4 record and a chance at the Horizon League title.

side of the game.

"We are focusing a lot on blocking" Kilner said. "We've also had game-like practices to help us prepare for various situations."

These practices have been another big part of the team's success. This strategy has allowed the girls to better recognize the other team's plays and formations.

The only goal the women have for the remainder of the season is to keep winning, but they will have to get past everyone in the league first when they play Wright State University, Oakland University, Northern Kentucky, University of Illinois at Chicago (UIC) and Valpo in the last few weeks.

CSU has a stretch of three home matches this week to try to continue their streak.

These three games, along with a road match against UIC, will allow CSU to build momentum towards their final match against Valpo.

With just six regular season games left, both Kilner and Toth are very confident in the team and their abilities.

They are determined to continue

the success they have had and Kilner and Toth believe this will carry to every game in the future.

"The team chemistry has been really good. Everyone gets along. This is the closest we've ever been."

CSU faces Wright State Friday, Nov. 6 at 7 p.m. and Oakland Saturday, Nov. 7. at 4 p.m. Both will be played in Woodling Gym.

Horizon League volleyball playoffs begin Nov. 20.

CSU men's swim team starts strong

Vikings destroy Gannon and prepare for Oakland, OSU

By Gregory Kula

The Cleveland State University's swimming and diving season has just begun, and the teams are excited to get a big jump on the competition early.

The new season began with the only things a coach could ask for — a great first meet and a dominate win in every category.

Alex Strawser, a senior Urban Planning major in his fourth and final season with the Vikings, said he cannot wait to compete against the rest of the Horizon League and other tough competition on the schedule.

The season started off against Division II school Gannon University, and the CSU men's team swept the floor in every event.

Strawser says starting off against

this competition from a different division is good for morale and confidence.

"You have to face all forms of competition," he said. "It was a stepping stone for us. It shows that we can go out there and compete."

Looking ahead at the rest of the schedule, Strawser believes the team will continue to grow under the leadership of head coach Paul Graham, who is in his second year at CSU.

"We have a much better understanding of [his] vision and where we are going forward," Strawser said. "[It's about] getting everybody on the same page."

The men's team has four returning seniors, including Strawser, only

losing one teammate in the offseason. Strawser believes everyone is coming together as a group.

He also praised the new freshmen class, and said he was excited to see new talent Tommi Wolst and Szymon Golczyk as they move through their college careers.

Strawser added that the returning sophomores and juniors are even better and stronger than last season, and he loves to see that trend.

He said he wants to see the team build off last season and compete against division front-runner Oakland University for the title.

Along with the Horizon League, CSU faces Ohio State University Nov. 12 at OSU. Strawser said it is a challenge to compete in Columbus

with the Buckeye fans everywhere. On the other hand, he expects the Vikings to put up a good fight against OSU.

On a more personal note, Strawser is looking to give this last season every ounce of his energy.

"I'm going to give it everything I have left," he said. "[I'm] going to go hard in the practices."

With his vision and the team looking for a championship in their coach's second season, Strawser believes CSU swimming is in for an exciting year.

OSU and Oakland might be tough to face for the Vikings, but Strawser said playing the good teams is what creates champions.

"To be the best, you have to face the best," Strawser said.

LIKE TO WRITE?

The Cauldron has only just begun production for the 2015-2016 school year! Don't miss the chance to write for us. We are always looking for writers for our News, Sports, Arts & Entertainment and Opinion sections. The only qualifications to write are a one credit-hour enrollment and a passion for writing.

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Working with The Cauldron can be a great way to gain experience and build your portfolio. Writers can choose to write for any or all of the four sections of the paper. We're also in need of photographers — especially if you have your own, professional camera!

The Cauldron holds writers meetings every week — one for each section — in our office in MC 471. If you would like to become a part of our team, send us an e-mail at cauldroneditors@gmail.com or stop by our office. We hope to hear from you soon.

THE CAULDRON

Eating disorders on campus

The silent illness

By Abby Burton

Swiping into the Dining Hall is a terrifying experience for Marie*, a junior Cleveland State University student.

Walking into a room filled with food at lunchtime does not bring her happiness or excitement — it brings her stress.

Rather than picking up a plate, she grabs a cup, fills it with water and finds a seat in the mostly empty cafeteria.

“I try to go when there aren’t a lot of people there,” she said. “I don’t like when people watch me eat.”

Scoping out what there is to eat, her stress intensifies and her self-criticism begins.

“What do I eat? Why do I eat so much? Am I going to gain weight from this?” she thinks.

After talking herself into a salad, she gets up from her seat, grabs a plate and gathers the minimum amount of vegetables required to count as a salad.

“I usually take about 30 minutes to eat,” she said. “I like to take my time so I feel less guilty afterwards.”

Marie has suffered from anorexia nervosa during all three of her years as an undergraduate student. She estimates that on an average day she will eat only about 800 calories.

“I just don’t want to gain weight,” she said. “At first it was just the ‘freshman 15,’ but now I’m terrified to gain any weight at all.”

She has not tried to get help for her disorder and has only reached out to a few friends about her situation.

Marie is one of the many college

*Student’s name changed upon request

students who silently struggles with an eating disorder.

What are eating disorders?

According to the National Institute of Mental Health, an eating disorder is an illness that causes serious disturbance in one’s diet.

"At first it was just the 'freshman 15,' but now I'm terrified to gain any weight at all."

There are three main types of eating disorders that require treatment. The first is anorexia nervosa, which is when people see themselves as overweight even though they are obviously underweight. They do not let themselves eat a healthy amount of calories every day.

Bulimia is another eating disorder when a person partakes in binge eating — or over-eating — and then feels so guilty that they force themselves to purge immediately after eating.

The third eating disorder is binge eating. This is when a person can’t control the amount they eat. It is usually the result of extreme stress or depression.

These eating disorders are recognized as mental illnesses and

require psychiatric care as well as physical rehabilitation.

Many rehabilitation centers offer one-day-a-week appointments as well as residential care where the patient lives in the rehab facility and eats meals planned out by doctors.

Signs of eating disorders

Dr. Lucene Wisniewski is the chief clinical officer of The Emily Program in Beachwood, Ohio.

The Emily Program is a national eating disorder treatment program with facilities throughout the United States that offer weekly appointments and residential treatment programs for people with eating disorders.

Wisniewski also served as clinical director and co-founder of the Cleveland Center for Eating Disorders, another eating disorder treatment program.

She said eating disorders have a wide variety of signs and symptoms “Signs of eating disorders vary based on whether you are looking for [an eating disorder] in yourself or another person,” Wisniewski said. “Both are serious and have a few similarities like rapid weight loss or weight gain.”

The most common signs you may have an eating disorder, according to Wisniewski, are usually spending a lot of time thinking about body image and weight and making “rigid rules” about when, where and with whom you can eat.

Wisniewski emphasizes that dieting or calorie-counting does not count as a “rigid rule,” but things like

not letting yourself eat any bread or avoiding social events so you do not have to eat are more consistent with symptoms of an eating disorder.

"I want to overcome this. I want to be stronger than anorexia. If anyone that reads this needs help like I do, let's do it together."

Someone else may have an eating disorder if you notice they do things like cut their food up into very small pieces or push their food around a lot on their plate without actually eating any of it. They could also use a lot of condiments on their food or tend to disappear after eating.

Research

Many medical researchers have conducted studies on eating disorders to figure them out. Some of that research is even being conducted right now at CSU.

Dr. Conor McLennan is an associate professor and director of the Language Research Laboratory in the Psychology department at

CSU.

McLennan, Dr. Teresa Markis, Stephanie Weigel and other former and current research assistants are investigating participants’ sensitivity to body-related words. They have conducted studies with young adult males as well as younger and middle-age females with and without eating disorders.

According to McLennan, some participants in these research studies view “primers” — photos of supermodels considered attractive in today’s society. He then has the participants look and hear some words that may or may not have anything to do with body image.

The participants are asked to look at words like “thighs,” “hips” and “skinny.” The words are printed in a certain color and participants are only supposed to indicate the color of the word and nothing else. There are also other words mixed in like “desk” or “shoe” that have nothing to do with body image.

Researchers found that young men who are exposed to primers answer with the color of the body image related cards way too quickly, almost as if they are covering up for something.

They also found that young girls take a much longer time to answer with the color of words like “thighs” and “hips,” as if they get hung up on the word and have to think about it.

“One implication could be that if certain individuals show a greater sensitivity to this priming effect these could be the types of individuals that are at high risk for possibly developing an eating disorder down the road,” McLennan said. “There would need to be another series of additional studies to fill in the dots here but if that turns out to be the case then obviously this is an important piece of framework for that conclusion.”

Health risks

Aside from the obvious health risks associated with each of the three types of eating disorders, each

type also has associated potentially life-threatening risks.

Jamie Elchert, a medical student at the University of Cincinnati and eating disorder survivor, has done plenty of research on these risks. She even suffered from them herself. In a phone interview she elaborated on the health risks of eating disorders.

“With anorexia, your body is starving so it eventually starts using its own tissues as a source of fuel,” she said. “Anorexia causes brain atrophy, muscle loss — including weakening of the heart muscle — and bone loss. The bone loss that occurs with anorexia can cause osteoporosis.”

She also said anorexia causes your heart to beat slower and your blood pressure to drop. Five to 20 percent of people with anorexia will die, with irregular heartbeat being the most common cause of death.

"Anorexia causes brain atrophy, muscle loss — including weakening of the heart muscle — and bone loss."

Anorexia also results in kidney damage due to excessive dehydration from not consuming food or water. It is also known to affect women’s menstrual cycles, sometimes causing them to stop altogether. This absence of menstruation can affect long-term fertility.

Bulimia puts your electrolytes out of balance. At times, the electrolyte balance can be so severely disturbed that the electrical conduction of the heart muscle malfunctions, resulting in sudden death.

Bulimia also results in damage to



Photo courtesy Conor MacLennan via linkedin.com

Left: CSU associate professor Dr. Conor McLennan has conducted research into eating disorders in adolescents.

Right: Dr. Lucene Wisniewski is the chief clinical officer of The Emily Program, an eating disorder treatment program in Beachwood, Ohio.

the esophagus and teeth due to the stomach acid frequently coming up when one purges. This increases the chances for esophageal cancer and tooth decay.

“When I was anorexic, I was cold all of the time. A lot of my hair fell out and it still isn’t the same,” Elchert said. “I started really getting scared of my eating disorder when I got [premature ventricular contractions], which are extra, abnormal heartbeats.”

Elchert said she did not have a menstrual cycle for about two years and she had excess cavities whenever she would visit the dentist. She recalls being tired all of the time and feeling tired when walking short distances because it took her body so much effort. Now healthy, she tries to focus on the positives.

“I can’t change my past with anorexia and bulimia, so I don’t worry [or] dwell on what might happen in the future,” she said. “I really just focus on eating healthy and making sure to get a lot of calcium and sunshine so that I give myself the best possible health I can going forward.”

Coming to terms

There are many ways to come to terms with an eating disorder and get over it.

Ann*, a CSU student, suffered



Photo courtesy clevelandpsychology.org

from bulimia while she was in high school.

“What may have initially started my eating disorder was my mom always being focused on her weight,” she said. “She never thought she looked good enough.”

When Ann hit puberty, her body began to grow in unfamiliar ways.. She began to dislike her body and to purge after eating so she could lose weight.

After a year of suffering, Ann decided to step away from the scale and stop focusing so much on how much she ate. She told herself that she wanted to be healthy, not skinny, and four months later she managed to overcome bulimia on her own.

Marie hopes that she will soon be able to follow in Ann’s footsteps and be done with her eating disorder. She doesn’t know if she can do it by herself, so she is looking into the many options for treatment offered both on campus and in the Cleveland area.

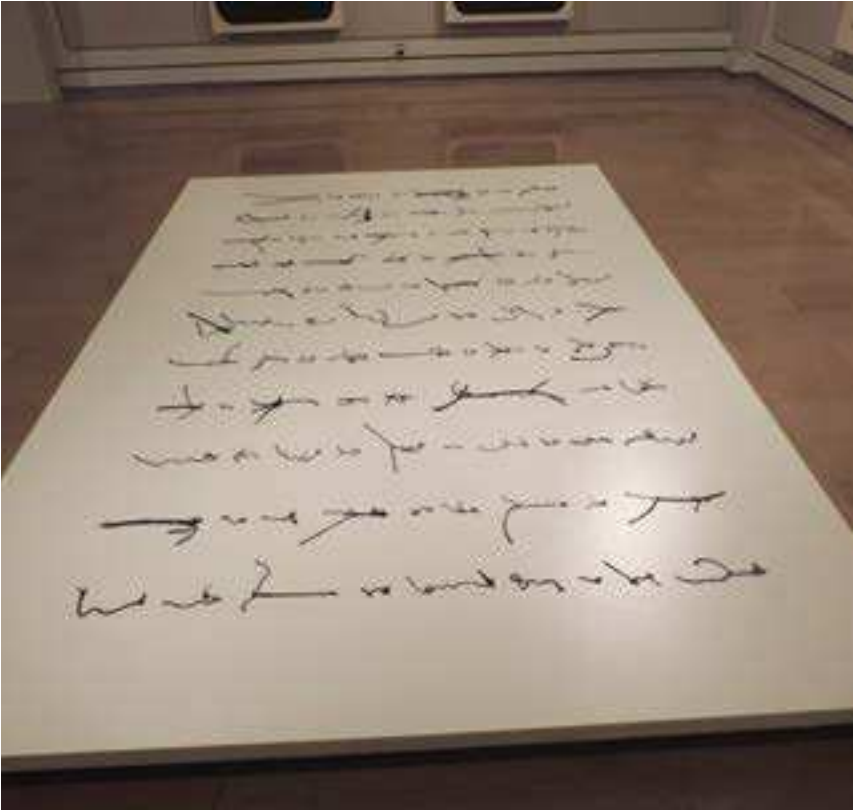
“I want to overcome this. I want to be stronger than anorexia,” she said. “If anyone that reads this needs help like I do, let’s do it together.

If you or someone you know needs help with an eating disorder, contact the Cleveland State Counseling Center at (216) 687-2277. or The Emily Program at (216) 765-0500 ■

*Student’s name changed upon request

Galleries opens Chinese art exhibits

'A Tradition Re-Interpreted' shows audience new perspective



Left: "Tree of Life" by Xin Song is a site-specific installation made for the Galleries consisting of papercut, fish wire and wood stick.
Right: "Tracing the Origin VIII" by Cui Fei is a sand drawing. Traced images filled with black sand are considered to release healing energies into the world.

By Keegan Jones

"In the beginner's mind there are many possibilities, but in the expert's there are few," Shunryu Suzuki, a zen master who helped popularize en Buddhism in the United States, once said.

The Galleries at Cleveland State University (1307 Euclid Ave.) opened a new exhibit Oct. 22 titled "A Tradition Re-Interpreted: New Work by Contemporary Chinese Artists."

Curated by Qian Lia, an associate professor in the Art department at CSU, the exhibit is the first of its kind in Northeast Ohio, which is not only great for the university but also a step in the right direction for the arts community.

The concepts in Chinese art were changed by the fast-paced Western world.

In the '70s and '80s, when China was aspiring to catch up with the development of the Western world, Chinese artists tried to make their art

a reflection of the world.

Chinese art has kept with the times and continued to address issues like the pollution in the sea, attachment to our cell phones and many more social problems.

The elaborate Chinese art exhibited in the Galleries takes viewers on an exploration of formal, stylistic and materialistic aspects in art. A huge motivation in the art is the rapidly changing economic, social and cultural realities of China. This is majorly reflected in the brush strokes.

A defining medium in traditional Chinese art is ink. The showmanship and detail associated with ink work can be seen in Fei Cui's piece "Tracing the Origin VIII" — a sand drawing representing the harmonious relationship between human beings and nature.

Traced images are filled with black sand using sand painting tools called chak-purs and brushes. The art is

considered to be a release of healing energies like compassion and peace into the world.

During the exhibit's opening, the audience watched an artist use the chak-purs to fill in the piece with black sand. At the end of the exhibit's run at the Galleries, the work will be swept away, reminding viewers of the impermanence of human life.

"Self-portrait" by Guangbin Cai is another fascinating piece. In this work, Cai tried to explore an appropriate way of expressing himself in his living environment through mental imagery, such as art based on sound, feel and visual aspects in everyday life.

This portrait took a lot of the audience by surprise — its two lifesize iPhones were very eye-catching.

Those who attended the opening were given a booklet with the artists' bios.

In it, Cai says he believes it's important to control vision and to

think about how to amplify visual and psychological elements to express himself. One of his main reasons for creating this piece was to remove certain concealments from himself to reveal the world.

He wants to show in his artwork that material things such as cell phones shouldn't control your life. Even the subtle breath of a person can express what they're going through. Much like the fast-paced breath to the slow beat of a heart — it can tell a story.

There will be an open art workshop taught by Wentao Liu at the Galleries Saturday, Nov. 7 from 4 p.m. to 6 p.m.

The Galleries are open Mondays and Tuesdays by appointment, Wednesdays and Thursdays 10 a.m. to 5 p.m., Fridays 10 a.m. to 8 p.m. and Saturdays noon to 8 p.m.

'Ubu Roi' flips the bird to traditional theater



Photo by Giorgia Lascu
CSU students Bobby Coyne (right) and Cheyenne Bizon are the Ubus in "Ubu Roi."

By Delaney Canfield

Dr. Michael Mauldin, a Cleveland State University professor in the Theatre department, has directed myriad shows at PlayhouseSquare. However, nothing quite compares to the spontaneous and energetic production of "Ubu Roi," which will run from Nov. 5-15 in the Helen

Theatre, he has been preparing for the past few months with CSU students.

"Ubu Roi" is a satirical piece written in the late 1800s about power, politics and war. The show follows Ubu who — after killing the King of Poland — is prompted by the king's ghost to begin killing people solely for their money.

Mauldin described it as being outside the realm of polite theater.

"It was written as sort of a big finger in the face to traditional theater," Mauldin said. "Basically [the author] was a very angry young man who was using the theater to tell everyone they were doing things wrong."

Mauldin typically directs shows on main stages, but the stage for "Ubu Roi" is in the much smaller and more intimate Helen Theatre. Mauldin was thrilled to do such a confrontational play. The actors can be intimate with the audience and completely shatter the traditional fourth wall.

"You know some of [the audience is] going to be horribly, horribly uncomfortable, and some of them are going to get right into it," Mauldin said.

The entire production brings a new possibility to the world of theater that most audiences never experience.

Of course, a show is nothing

without strong actors to fill the parts.

"The cast — they are fearless," Mauldin said. "We have asked them to go so over the top."

Mauldin knows they've put their hearts into the production from day one. The cast has gone above and beyond anything he's asked them to do and as a result, have created something distinctive.

"I can truly say you're going to be seeing a production that is entirely unique to CSU and to Cleveland and certainly unlike any theater experience that you've ever had before," he said.

Mauldin hopes the audience and particularly students not only find the show funny but irreverent as well. The satirical tone and themes will hopefully resonate with audiences when the curtain closes.

Tickets are \$5 for students and can be purchased online at www.playhousesquare.org.

Meg Myers talks new music and lyrics

By Elissa Tennant

Singer-songwriter Meg Myers is fresh off the release of her ironically unapologetic debut album, "Sorry," and the 29-year-old native Tennessean is ready to take on the music industry. The Cauldron caught up with Myers in between tour dates to talk about music, lyrics and the craziness of touring with a full band.

year. What kind of work did it take for you to get to that point?

MM: It was difficult to finish this album because I was touring so much. It kept interrupting the flow of writing and recording. Luckily the touring and craziness ended up playing a huge role in what the record is about.

The Cauldron: What three words would you use to describe your music to someone who hasn't heard it yet?

Meg Myers: Birth. Life. Death. BLD for short.

TC: The overall vibe on the track "Sorry" is pretty intense. In your eyes, what type of message were you trying to give to your audience when writing this?

TC: Many of your lyrics are intricate and emotional. Do you ever wonder how your audience interprets them?

MM: I guess I hope that people find their own meaning and connection to the music. A lot of people at the shows tell me that the music got them through a tough time in life, and that's so beautiful.

MM: I don't think that far down the line when I write. I'm just expressing something that I'm going through and hope the end result is something that others can relate to.

TC: Where do you get your inspiration for writing songs?

MM: Mostly life experiences, but also the music that I'm listening to at that given time plays a role.

TC: Your debut album came out this

TC: What are you listening to right



Photo courtesy www.press.atlanticrecords.com/meg-myers
Fresh off the release of her debut album, singer-songwriter Meg Myers is ready to take on the music industry.

now?

MM: Right now I'm in the back of a sprinter van listening to my band talk about the new "Star Wars" trailer. They won't shut up. I just want to sleep, but they won't stop talking about why Luke Skywalker isn't on the new "Star Wars" movie poster.

TC: Favorite album right now?

MM: "Elements" by Ludovico Einaudi.

TC: You now have a record deal and a full length album. What's next?

MM: Touring until there's nothing left of me but a shell of who I once was. Then I'll move to a remote part of Nashville and start the writing process again.

'Crimson Peak' gloriously subpar film

By Becky Raspe

Let's get this out of the way now — "Crimson Peak" is not a horror film.

Released Oct. 16, the Guillermo del Toro film tells the story of Edith Cushing (Mia Wasikowska), a budding writer who falls for the charming yet mysterious baron, Thomas Sharpe (Tom Hiddleston). Little does she know, Thomas and his sister, Lucille (Jessica Chastain), were planning to use Edith for her father's wealth from the start.

Edith is also revealed to be able to see ghosts. She is warned by the ghost of her dead mother not to go to Crimson Peak — Thomas' mansion — but Edith goes anyway after marrying him. What ensues is macabre, self-indulgent romance.

With most del Toro films, the main goal is to be as unsettling, graphic and creepy as possible. "Crimson Peak" accomplished this with its suspense and set. The "scary" parts weren't really scary, but the unsettling scenes truly delivered.

The biggest issue with the movie was character development. You never really understood some of the characters' motives, and their backstories weren't really elaborated with justice. The character of Alan McMichael (Charlie Hunnam), was majorly underutilized and was pretty much useless by the end of the film.

The Sharpe siblings' origins seemed to be a large plot device as the movie went on and as Edith uncovered more about their history, but they were never really explored as much as they could have been.

The complicated, gothic romance in "Crimson Peak" was what took the cake. Some elements of the romance weren't totally developed. A major love triangle was revealed near the end of the film — but what could have been an excellent plot device was lost within the action happening around it.

Don't go see the movie expecting to be scared — most of the frightening parts are already shown in the trailer.



Mia Wasikowska is Edith Cushing, a budding writer with the ability to see ghosts, in "Crimson Peak," released Oct. 16.

All in all, "Crimson Peak" is a gloriously subpar del Toro film. There were scenes and characters that could've been further explored to give a stronger story, but because of the weak writing, the visuals, setting and casting had to sustain the movie.



'Last Witch Hunter' enjoyable popcorn flick



Vin Diesel wields a flaming sword and a really sick beard in "The Last Witch Hunter."

By Roman Macharoni

Few films offer visuals that stick with you long after leaving the theater — like Vin Diesel holding a flaming sword. That will always be cool.

From the writers of "Priest" and "Dracula Untold" comes the next supernatural blockbuster, "The Last Witch Hunter" — released Tuesday,

Oct. 23.

Kaulder (Diesel) is a barbarian warrior cursed with immortality by the Witch Queen (Julie Engelbrecht), living as a man out of time yet adapting surprisingly well. Given his talents, he has spent the last eight centuries fighting paranormal forces

for the supernatural police force, with his friend the 36th Dolan (Michael Caine).

When Kaulder's friend seemingly dies after retiring, Kaulder uncovers a nefarious plan to plague the world with disease. To vanquish this new threat, he reluctantly recruits a young potions expert, Chloe (Rose Leslie), and begrudgingly lets Dolan's successor (Elijah Wood) into his world to uncover hidden secrets and dark magic in unlikely places.

It's very clear this film is trying to imitate the style of shows such as "Game of Thrones," but it offers some refreshing changes to the genre. In fact, the film is loosely based on elements from the popular board game "Dungeons and Dragons" and replicates the game's themes of wonder and mystery.

Diesel is as monotone as most moviegoers have come to expect, but he is more than serviceable as the brooding Kaulder. Leslie, from her

standout performance here, proves to have a great range in acting.

The special effects are one of the high points of "The Last Witch Hunter." They are well-integrated and used in unique ways like in elemental spells.

The negatives of this film mainly lie in its plot. Though it is well-produced and has some great cinematography, the film suffers from a very predictable script.

Overall, "The Last Witch Hunter" is an enjoyable popcorn flick. There's not a lot of substance, but it flaunts fantastic visuals and pairs them with some memorable dialogue and solid action. Though not perfect, it's head and shoulders above other recent supernatural/horror films.



'Secret Garden' carried by great talent

By Charlotte Toledo

Fresh air, sunshine and friendship — as well as gardening — can do wonders for your mental and physical health. If you doubt it, Great Lakes Theater's production of "The Secret Garden," which ran Sept. 25 through Saturday, Oct. 31 in the Hanna Theatre — is sure to set you straight.

Based on Frances Hodgson Burnett's 1911 novel, the story follows young Mary Lennox (Giovanna A. Layne), an orphaned English girl living in India who is sent to England to live with her cold uncle Archibald Craven (Stephen Mitchell Brown).

She finds the moors surrounding her new home strange and foreboding. Her uncle's huge estate has a melancholic air clinging to every dusty curtain and ivy-covered brick. Mary hears crying throughout the night and learns that everyone in the area believes the house is haunted.

Archibald is so consumed with grief over the loss of his wife he can't care for his sickly son Colin (Warren Bodily) or Mary.

Instead, Mary relies on Martha (Sara Masterson), a maid, and her brother, Dickon (Colton Ryan), a gardener who shares his love of nature with Mary. One day while exploring the estate's maze-like gardens, Mary discovers her dead aunt's overgrown, abandoned garden and decides to help it thrive.

The Great Lake Theater Co.'s actors displayed tremendous skill. Layne and Ryan gave particularly noteworthy performances. Layne's presence commanded the stage whenever she was in a scene.

Ryan played his part excellently — his character's love for every living thing was palpable and wonderfully contagious. The production truly came alive when Layne and Ryan shared scenes in the garden.

The talented designers at Great Lakes were able to use a somewhat sparse set to depict an Indian ballroom, a young boy's bedchamber and a garden in full bloom in a very believable way. The costumes were turn-of-the-century garments



Colton Ryan (left) as Dickon and Giovanna A. Layne as Mary in Great Lakes Theatre's production of "The Secret Garden," which ran Sept. 25 through Saturday, Oct. 31.

skillfully color coded to distinguish the living from the dead and those consumed with grief from those who had learned the healing power of the great outdoors.

This production of "The Secret Garden" was entertaining enough, even though some of the actors' lines were unclear and sounded mumbled. It seemed to devote too much time

to the darker theme of grief and not enough time to the healing power of nature, love and family that are truly at the heart of Burnett's novel.



'Crucible' production boasts largest CPH cast



John Herrera (left) dominates the second act as the main prosecutor in "The Crucible."

By Abe Kurp

Someone must have been telling lies about John Proctor because, without having done anything wrong (besides a little adultery here and there), he is accused of witchcraft, imprisoned and sentenced to death. And he's not the only one.

In Arthur Miller's 1953 classic drama about the Salem witch trials,

which has been reimagined by the Cleveland Play House (CPH) and will run until Nov. 8, Proctor's late-17th-century New England town erupts in accusations. And Proctor's former mistress, Abigail Williams, leads the charge.

The Puritan elders, not the most fun at parties, credulously gobble up

whatever lies Abigail and her minions conjure up, sentencing dozens of people to death on little evidence.

The situation gets so ridiculous that even during highly dramatic moments near the end of the production, little bursts of laughter from some of the audience members spoiled the mood. CPH's production features stadium-style seating, with the audience sitting on all sides of the stage. This arrangement made me intensely aware of the people around me and on the other side of the stage, often pulling me out of the drama.

The production also boasts the largest cast in CPH history. Secondary cast members would often walk on stage, fumble through one or two lines, then go stand in a corner of the stage, blocking sightlines for at least half the audience.

At times, it was like watching "Sophie's Choice" with half the movie replaced by the back of a theater major's head.

What I could see of the play, though, was excellent.

Esau Pritchett plays a great John Proctor, both self-righteous and very human.

John Herrera gives a commanding performance and dominates the second act as the main prosecutor. The best moment of the production comes when he calls the gaggle of offending girls into the courtroom to discuss their accusations. They breeze in like little angels in their ever-so-modest matching costumes. I wanted to jump onstage and strangle them!

With any luck, you'll be screaming in your head for justice just like I did as I was leaving the theater. Tickets are \$14.75 for CSU students with a valid student ID.





The truth behind eating disorders

Individual battles, made worse by societal shame

By Regan Reeck

I vividly remember the first experience I had with a person with an eating disorder — I was 13 years old and with my best friend.

We were sitting on the bus headed somewhere, and she leaned over to whisper in my ear.

“That girl over there, look at her, she makes herself puke.”

Incredulous, I pestered her for an answer to how she knew this particular secret of a complete stranger.

“Look at her hands, you see the scabs,” my friend said. “That’s from her biting herself when she shoves her finger down her throat.”

This blunt answer floored my adolescent brain, and for the first time, I noticed the identical scrapes across her knuckles.

Regretfully, this was not the only

encounter I had with an eating disorder among those close to me. I consider myself as having an intimate outsiders’ perspective with both bulimia and anorexia.

While I’ve never had an eating disorder, my heart breaks every time I learn of someone who does.

I’ve had many frank conversations with my friends about their tumultuous relationship with food in an attempt to understand, yet I still don’t and truthfully, I never will.

I was once told, “It’s difficult to not just explain what it feels like, but to comprehend it. Even though I’ve gotten better, I still can’t always separate myself from it.”

As much as victims of eating disorders don’t understand their illness, the general public knows and understands even less. Individual

battles with eating disorders are a manifestation of a much greater lack of benevolence for other humans.

The societal shame of not loving yourself wholly permeates every crevice of day-to-day living. Compassion for those who find fault in their mere existence is increasing.

Too often I’ve seen individuals lament their experience with guidance counselors, therapists and doctors who dismiss their disorder or tell them medication is the solution to all of their problems.

Too frequently I’ve been told by friends of their encounters with strangers, insensitively claiming “Because it’s an imaginary ugliness, it must be all in your head, right?”

I’ve tried with all my finite knowledge and experience to comfort and support those who I’ve known

to suffer with an eating disorder. I know I am part of a society that is just now beginning to accept that we’re damaging parts of ourselves. And in that, I am failing them. For that, I am sorry, but there is a promise of change.

Cultural expectations of how we all need to be have always existed, and with them come those who don’t see themselves fully living up to those suppositions. The difference is some are insisting on being recognized.

I want to leave you with this thought from John Keats — “Beauty is truth, truth beauty, that is all ye know on Earth and all ye need to know.”

Just because we don’t recognize the truth, doesn’t mean no one else does.

Regan Reeck is a sophomore double major in French and Journalism at CSU.



Autism awareness brings sunny days to 'Sesame Street'

New character addition promotes acceptance, representation

By Jenna Salamon

There is a new friend in the neighborhood and her name is Julia.

Sesame Street, TV’s longest and oldest running children’s show, introduced Julia in a digital storybook featuring Elmo, the beloved, well-known Muppet and Abby Cadabby, the eccentric fairy, entitled “We’re Amazing 1, 2, 3.”

This beautiful, green-eyed, red-haired girl is like all of the other children, and is autistic. Julia’s key demographic in our society is young children at their most formative state — roughly ages two to five.

One in sixty-eight children in the United States has an autism spectrum disorder (ASD), according to a report by the Centers for Disease Control and Prevention.

When I heard about Sesame Street introducing an autistic character, I was filled with so much joy and emotion

that I cried. I was so moved that Sesame Street was raising awareness on this disorder. Even though it’s so common, it’s not familiar to our society — especially to those who have not encountered an autistic child.

In the story, Abby thought Julia did not like her at first because she did not respond right away when Abby greeted her. Elmo explains to Abby Cadabby that Julia is autistic.

“Elmo’s daddy told Elmo that Julia has autism,” he said “So she does things a little differently.”

Julia covers her ears when a noise bothers her. When Julia first starts talking to Abby, she looks down instead of looking her in the eye.

I think Sesame Street has done an excellent job of representing some main characteristics of autism, which are late responses, lack of eye contact and arm flapping when excited. Autism

education forms understanding and compassion with the audience.

According to Dr. Jeanette Betancourt, the senior vice president of U.S. Social Impact, children with autism are five times more likely to get bullied while in school.

I feel the more autism is communicated on TV and in story books, the less children will be quick to make fun of or bully someone they do not understand.

My kids are eight and three — we watch Sesame Street together all the time. We read “We’re Amazing 1, 2, 3” together and my daughter, who is the oldest, asked me a lot of great questions.

Her biggest fear was if autism was contagious. If she was friends with someone who had it, would she get it? I told her it was not contagious, and was something people are born with.



Pros and cons of Daylight Savings Time

No need to fuss over a little one-hour change

By Morgan Elswick

In case you didn’t know, Daylight Saving Time (DST) was this past Sunday, Nov. 1 at 2 a.m.

In Ohio, and most every other state except Hawaii and Arizona, we “fell back” a full hour. Due to this change, the sun will seem to rise and set much earlier than before. Our mornings will be brighter, and our evenings darker faster.

Apparently — and I was very recently informed of this — DST isn’t a mandatory thing. Yes, I’m completely serious. There are several countries and even some states that don’t practice it and find it to be less than a good idea.

I was always under the impression that DST was science-related and therefore pointless to argue with.

The purpose of DST is exactly what

its name says. We adjust our clocks in the spring to give us more working sunlight hours, then change it back in the fall in an effort to use more sunlight instead of artificial light sources.

Energy savings are often connected with DST as a major selling point. Several studies have been conducted trying to determine exactly how much of an effect it has on energy savings, including gasoline usage.

However, given the numerous factors to consider, most of the results are either inconclusive, lacking in coverage or shown to be wrong by future studies.

Outside of the universal energy savings, opponents to DST say it may disrupt morning activities, increase certain health risks associated with

stress and is generally economically and socially disruptive.

It’s never really caused any problems for me. I’ve always enjoyed having an extra hour of sleep. I may not have liked having an hour ruthlessly sucked from my nighttime schedule in the spring, but it is what it is.

For those who really like the sun and seeing its glowing, cheery face when they wake up, I’m sure DST isn’t a problem. For those who only want to sleep and hate all light — especially the burning orb in the sky — they might not be so fond.

Either way, there are several pros and cons to DST. In November, we get an extra hour of sleep to enjoy in our cozy beds. In March, we “spring ahead” and jump forward to sacrifice our precious time in bed.

For some, there’s bound to be varying degrees of disorientation due to the adjusted sleeping schedule. People can be irritable until they get back into a cycle, but I’ve never met someone whose entire world was wrecked thanks to DST.

There’s a lot of controversy surrounding the legitimacy of DST, but I’ve never had a problem with it.

If you have intense feelings about the day and think it’s completely worthless, I recommend moving to Hawaii or Arizona — they both probably have better weather than Ohio anyway.

Morgan Elswick is a junior double major in Psychology and English at CSU and Arts & Entertainment editor of The Cauldron.



Why I'm hoping Issue 3 does not pass

Marijuana supporters proceed with caution on Election Day

By Patrick Kaminowski

This November election is very important. We as Ohioans have the opportunity to cast our votes on an issue that has been hugely controversial for quite some time.

If Issue 3 passes, marijuana will be legal for medical and recreational use for adults 21 and over in the state of Ohio. Issue 3 proposes marijuana can be grown commercially at ten sites, and citizens would be permitted to grow up to four plants within their home. However, a \$50 licensing fee must be purchased beforehand.

It would also legalize possession of personally grown marijuana of up to eight ounces and one ounce of purchased marijuana.

I am for the legalization of marijuana. I find it beneficial for many reasons, not just personally, but for medical value in a world where dangerous prescription medications do more harm than good.

It’s baffling that a plant with so many redeeming aspects is deemed illegal and using or selling it can cost an individual their job or land them in prison. ResponsibleOhio, the main organization promoting Issue 3, seems to be on the same page as me — the conflict is the way marijuana legalization would be carried out if passed.

Looking over ResponsibleOhio’s plan for legalization, I get the feeling it all boils down to big businesses — the power balance feels off. The investors have the right to grow marijuana for later sale, but why limit it to just ten sites? And why are citizens only permitted just four plants in their own home? This feels like a textbook example of a monopoly to me.

This makes very little sense and it seems the powers that be are still controlling us, giving us little leverage to carry out our lives, tugging us back

if we get a little too much freedom.

The members of ResponsibleOhio claim their plan will wipe out the illegal sale of marijuana on the black market, although this is highly unlikely. I predict weed sales to stay the same or even increase if Issue 3 passes, with drug sellers trying to undercut the industry’s prices. Even Colorado, a state where marijuana has been legal for a few years, still has a flourishing black market for pot.

ResponsibleOhio’s plan strikes me as bizarre at times. I’m sure many of you have seen their latest TV commercial featuring celebrity Nick Lachey.

Montel Williams, American TV personality, also supports ResponsibleOhio. Williams has raved about the benefits of medicinal marijuana to alleviate the symptoms of his multiple sclerosis.

While I appreciate the gusto

Williams shows, it seems unnecessary to give this issue celebrity star-power.

Another ridiculous marketing tactic the group used this year was a traveling mascot named “Buddie,” who accompanied spokespeople from ResponsibleOhio throughout the state, as well as to several college campuses.

I encourage voters who are eager to vote yes on Issue 3 to pause and do more research into what ResponsibleOhio’s plan entails.

There must be alternative ways of carrying out the legalization of marijuana without it being controlled by companies who can dominate the market place.

Patrick Kaminowski is a senior Journalism & Promotional Communication major at CSU.



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